

Starfish Swim School®

Curriculum and Core Skills Achievement Stages					
Lead-up Skills	WHITE		YELLOW	BLUE	GREEN
	Focus: trust and submersion	Focus: body position and air recovery	Focus: forward movement and direction change	Focus: body rotation	Focus: integrated movement
	Ask Permission to get in water	Put on a lifejacket and kick	Reach and throw assists	Tread water	Survival float
	Jump in to teacher	Submerge under water and float back to the top	Assisted and unassisted front streamline with kick	Assisted and unassisted side glide with kick – both sides	Start in side glide, 3 overarm pulls, roll to back to rest and breathe
	Sit independently	Assisted front streamline	Assisted and unassisted back streamline with kick	Roll from side glide to streamline to side glide	Start in side glide, 3 overarm pulls, roll to opposite side glide
	Wall walk	Assisted back streamline	Assisted front streamline and rotation to side glide with kick	Unassisted front streamline with kick and rotation to back streamline	Start in side glide, link 3 sets of 3 overarm pulls, roll to opposite side glide to rest and breathe
	Listen and follow directions	Assisted and unassisted roll back to front	Assisted and unassisted forward movement – kick and pull on front	Unassisted back streamline with kick and rotation to front streamline	Start in side glide, link 3 sets of 3 backstroke pulls, roll to opposite side glide to rest and breathe
	Climb out independently	Assisted and unassisted roll front to back	Assisted and unassisted forward movement – kick and pull on back	Side glide, one overarm pull, roll to back to rest and breathe	Head first entry (dive) from side (if deep water is available)
	Pour water over head	Submerge and recover for air (Go underwater, kick to the top, put head back to get mouth out of the water and say "Starfish, Starfish, Starfish".	Retrieve submerged object	Side glide, one overarm pull, roll to opposite side glide to rest and breathe	
	Jump into the water and get head wet	Assisted and unassisted back float	How to call 911	Side glide, one backstroke pull, roll to opposite side glide to rest and breathe	
	Hold breath (on land)				
	Look underwater and hold breath (with and without goggles)				
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket, float on back, kick 20 ft.	Reach or Throw (Don't Go) and know how to call 911	Tread water 15 seconds	Survival float and tread water for 30 seconds
Swim Skill Benchmark	Assisted submersion, relaxed, 5 seconds (or long enough for teacher to say "Starfish, Starfish, Starfish") and then come up to breathe	Jump in, submerge, recover for air, roll on back (kicking and finning) for 5 seconds (or long enough for teacher to say "Starfish, Starfish, Starfish") *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover for air, forward movement (on the front or back) 10 feet, change direction, and return to wall *This benchmark must be performed in swimwear and in regular clothes.	Jump in, submerge, recover to side glide position and kick 10 feet	Start in side glide, swim freestyle 30 ft with 1-2-3 breathe pattern

Starfish Stroke School™

Curriculum and Core Skills Achievement Stages

	WHITE	RED	YELLOW	BLUE	GREEN
	<i>Focus: freestyle, introduction to backstroke</i>	<i>Focus: backstroke, introduction to butterfly</i>	<i>Focus: butterfly</i>	<i>Focus: breaststroke</i>	<i>Focus: endurance</i>
	Ask permission to get in	Put on lifejacket in the water	Use flotation for assists	Discuss the Starfish Safety Concepts – Q & A	Perform a racing dive
	Swim freestyle with high elbow recovery	Swim backstroke with straight arm recovery	Perform pulsing with arms above the head	Perform breaststroke kicking motion (assisted)	Perform an open freestyle turn
	Swim freestyle and with thumb touch	Swim backstroke with little finger first entry	Perform pulsing with arms above the head and scull with hands	Perform breaststroke kick with support (kickboard, float bar, rescue tube, etc....)	Perform an open backstroke turn
	Swim freestyle with center line pull	Swim backstroke with bent arm pull	Lift head to breathe during pulsing	Perform breaststroke arm action (assisted)	Perform a freestyle flip turn
	Swim freestyle with body roll	Swim backstroke with good body and arm extension	Add 1 butterfly arm stroke to pulsing	Perform breaststroke arm action with support (pull buoy, noodle, rescue tube, etc....)	Perform a backstroke flip turn
	Exhale in the water before rolling to breathe	Perform backstroke flutter kick	Pulse with hand slide 3 times then take 2 swing and stretch arm strokes		Perform a breaststroke and butterfly open turn
	Triple-switch backstroke drill	Swim backstroke with body roll	Pull to a thumb touch when performing butterfly arm strokes	Combine arm action and leg kicking	Swim in trains
		Perform arm down pulsing		Incorporate dolphin body motion into breaststroke after the kick.	Swim on basic pace clock intervals
Safety Skill Benchmark	Always ask permission before getting in the water	Put on a lifejacket from in the water, kick 30 ft	Use flotation to reach or throw to assist a swimmer and know when and how to call 911	Discuss the Starfish Safety Concepts	Tread water or survival float for 2 minutes
Swim Skill Benchmark	Swim freestyle 30 ft with body stretched out and consistent form; swim 30 ft of triple-switch backstroke	Swim 30 ft backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for fifteen feet	Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle	Swim 30 ft breaststroke with good timing and extension	Swim freestyle 50 yards with rolling body motion, high elbow recovery, and body stretch; swim backstroke 50 yards with rolling body motion, straight arm recovery, and body stretch; swim 25 yards butterfly with dolphin body motion, straight arm recovery, and body stretch; swim 50 yards breaststroke with proper timing and body stretch; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.